



**SLEEPY HOLLOW RECREATION
ASSOCIATION
"SHRA"
SWIM TEAM
PARENTS HANDBOOK**

Summer 2015



SHRA SWIM TEAM PROGRAM

GO BLUE. GO WHITE. GO SHRA. FIGHT! FIGHT!

Welcome back to all of our returning swimmers. We would like to welcome any new SHRA members to come and join our outstanding swimmers and terrific team.

We are looking forward to another great SHRA Shark's team this year and working with all those families whose spirit make this one of the best teams in the NVSL! Our goals this year are Sprit, Fun, Participation, and Improving technical aspects of swimming and strokes.

SHRA Shark Swim Team is designed to benefit swimmers of all ages and abilities. Practice times are arranged by age group - 8 and under; 9-12; and 13-18. For the youngest swimmers, we have the very popular Minnows Program. As long as your child (age 3 - 7) is comfortable in the water and is able to participate in a group setting, he/she is welcome to join the Minnows.

This document is broken into the following sections to help you understand how to get involved in the different areas of this amazing swim team:

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YOUR ROLE AS A PARENT

Help Your Child Do Their Best

DO let your child progress at his/her own pace. We want your swimmer(s) to develop a life-long love for the sport. This will not happen if you place too much pressure on your child to perform at practice or meets. Be patient. You will be amazed by how much your swimmer improves over the summer.

DO be supportive and encourage your child to have fun. If meets and practices are too stressful and not fun, your child should not be forced to participate.

DO let the coaches do their job. Your job is to provide support and encouragement; the coach is responsible for the technical part of the job. If you have a disagreement with the coach please handle it away from the swimmers.

DO acknowledge your child's fears. A first swim meet, a first 50, an IM or a relay race can be stressful. It is totally appropriate for your child to be scared, you can help by assuring them that the coach would not have suggested the event if your child was not ready to do it.

DON'T criticize the officials. They are volunteers doing their best.

If you have specific concerns or problems regarding the team, please feel free to contact the team reps. The Team reps want to hear your ideas, so please talk to us.



SHARK Dollars

Here is a summary of where your registration money is used: NVSL dues, insurance for our swimmers, ribbons, NVSL supplies, Swim Caps, Meet fees, Handbooks, trophies, software, printing, recognitions, pep rallies, social events, incentives, maintenance of equipment, and coaches salaries.

Help Your Team Do Its Best

It takes **50 volunteers** to run each and every swim meet. Yes, I said **50**.

In order to have a successful season, we need each and every family to get involved! The Shark's swim team is run by volunteers; the only paid members of this organization are the coaches. Everything else is done for the love of our kids and swimming. Please help with both the meets and social, fun events. We ask that each parent volunteer for at least 3 meets in addition to helping with the fun events that make's SHRA Shark's a great place to spend the summer.

Most of the volunteer positions require no training or special skills. Believe it or not, it is fun to help out at the meets! If you are new to swimming, get your feet wet by helping with concessions or acting as a "deck marshal." We are always in need of "Table Workers" to keep the paperwork moving, timers, and Team Area parents to help make sure the right kids get to the right place at the right time! Parents with more experience are needed to work as officials. There are several Officials clinics at the start of the season, see the calendar for more information.

Regardless of where you volunteer, you will always be able to watch your child swim. Contact swimrep@shrasharks.org to sign up!



We have descriptions of various volunteer roles on the last page of this handbook.

Help Yourself By Staying In Touch

Be in the know, late breaking news, announcements, sign-up information, meet results, photos, social activities, and such will appear on the web site: www.shrasharks.org.

Additionally, we use email to communicate as much as possible. In order to make this happen, it is critical that we have an **EMAIL ADDRESS** for each swim team family. You will receive, via email, the "all call" for swim meet volunteers, information about upcoming events, directions to swim meets, etc.

New this year, you can subscribe online to receive email updates for the different teams your kids participate in. Just simply visit our website and click on the contact link in the upper-right hand corner to subscribe to all the SHRA email mailing lists. You can also have interested relatives (aunts, uncles, cousins, grandparents, etc.) register to keep them updated as well.

Household not wired...not to worry. SHARKS news and notices will also be posted on the **swim team bulletin board**.

Don't forget about your **MEMBER FOLDER** in the clubhouse near the front desk. Each family has a folder with their name on it. In the folder you will find ribbons and other items that cannot be posted on the web. Please check your folder regularly. The Coaches and Team Reps also have folders - parents are asked to use these folders to pass on written notes to these folks.



Help Keep the Swimmers Safe

Safety in and around the pool is of paramount importance. Please remind your swimmers that pool safety rules must be followed at all times - at both our pool and the pools we visit. Tell your swimmers to obey the lifeguard when he/she gives orders. We need to be especially cautious during thunderstorms. When asked to clear the swimming area, please do so promptly!

Coaches are only responsible for your child during practice, but they are not babysitters. Please be prompt in picking up your child after practice. The coaches are not responsible for your child's safety after the completion of your child's swim practice; if your child leaves practice early; or if your child leaves the pool area. Also, you may not leave brothers/ sisters at the practice and they should not be allowed to run around and leave the facility unsupervised during practice times.

PRACTICES AND SWIM MEETS

Attendance

Our summer swim season is only nine weeks long from the first after-school practice through Divisionals. Attendance by every swimmer at every possible practice and meet is critical for personal growth and the team's success. We realize that there are many end of school year activities, and summer camps; but please make every attempt to attend each practice session. Try to schedule vacations for August so you don't miss practice or meets. **We swim rain or shine.** Do not assume a meet or practice is cancelled because of weather! Check the web page or call the pool for information regarding weather related closures.

Swim Meets



The more experienced competitive swimmers participate in the Saturday morning **"A" meets**. The developmental **"B" meets** on Monday nights are a chance for all SHRA swimmers to improve their stroke techniques and times.

If you are not available for a Saturday meet, please tell the coaches no later than the Wednesday morning before that meet. For Monday night meets, the events to be swum are determined the morning of the meet. If you are not going to be at the Monday morning practice, but do want to compete Monday night, you need to communicate that in writing to the Coach.

Gear

Swimmers should wear our Sharks team suit and SHRA swim cap. There will be two opportunities to purchase our Team suits, goggles, and flippers at the pool in early June (check the web site for details). The team suit may also be purchased at Sport Fair on Lee Hwy in Arlington - (703) 524-9500.

In addition to their team swim suit, every swimmer should bring a pair of goggles, flippers, water bottle, a towel and a t-shirt. You might also consider buying flip flops, a sweat suit (for cool days), a swim cap (required for swimmers with hair past their ears), a hat for protection from the sun, and a bag to carry everything. **Put your name on everything you bring to the pool**, that includes suits, towels, goggles - everything!

DID WE MENTION FUN?

Pep Rallies - Pep Rallies, held at SHRA at 6:00 on Friday evenings are for Everyone. The Pep Rallies are a good chance to build team spirit and to get the swimmers pumped up for the Saturday meet. Bring the family and join



us for food and fun. When the Saturday meet is at SHRA, we need parents to help set up the pool on Friday evening.

Buddy Program - All swimmers that are 13 or older will be matched up with a younger swimmer to mentor. The senior swimmer will keep an eye on the rising swimmer - making sure he/she is working hard at practice, listening to the coaches, and having lots of fun.

Team Pictures and Brunch - We take a team picture every year and we'd like your swimmer to be in it. No obligation to buy. Picture day will be scheduled on a weekday in late June. We follow the picture session with a brunch for all team members - great food and great fun!

Movies - During the season - the team will have opportunities to either take a trip to the movies or view them at the pool. Watch for notices in the clubhouse and on line. If your child is under 10 years old be sure to arrange for an adult to accompany them. Swimmers will need money for the ticket and snacks.

Lake Swim - A SHRA tradition is the mile swim across Lake Barcroft for swimmers aged 12 and older. The lake swim will be sometime in July.

Swim-A-Thon - Lots of fun for a good cause! The SHRA swimmers are invited to participate in a Swim-A-Thon to be held at the pool in July. More details will be provided as we get closer to the date.

All Teams Social - Don't miss the best party of the summer - held a Sat in July from 7:00- 10:00 pm at SHRA. All teams all ages. Live DJ - games - food!! Help us celebrate the end of the regular season.



Splashdown!! - Join your teammates at this spectacular water park at the end of July more information will be posted as the date approaches.

Team Awards Banquet - We celebrate the end of the season with a Team Awards Banquet and Pot Luck Dinner held at the pool (or an alternate location if the weather doesn't cooperate). This year's banquet will be on July 27 at 5:30 p.m.

ODDS AND ENDS

Private Swim Lessons

Each of the swim coaches will be available to give private swim lessons after the regular practice times. Price is typically \$20 for a 30-minute lesson. If you are interested, please contact the coach directly.

Masters Swim Practice Offered for Adults

SHRA is again offering a morning swim program for any adults. Coached by the SHRA Shark coaching staff, the program provides a chance to brush up on your technique and get some great exercise (all swimming levels are welcome). Practice will be offered Monday - Thursday from 6:30 - 7:30 am - June 18th - July 24th. Cost is \$100 for the summer (about 20 practices) or \$7.50 per practice. A portion of the proceeds will be donated to the swim team. *non-members are welcome to attend our Masters Swim Practices.

SHRA VOLUNTEER OPPORTUNITIES

Helpers are needed for many different activities, so undoubtedly there are some activities that will match your interests. Don't worry if you've "never done it" before — someone will show you how.

Although these are "volunteer" activities, the team expects each parent to list at least two activities on the Enrollment Form. Your area of interest will be noted, and you will be contacted to coordinate your availability for the meets. Some



parents have already agreed to fill specific roles; however we have listed those roles here to ensure we have coverage as needed. If you have already discussed filling such a role with the team reps for the upcoming season, please list it on the Enrollment Form.

Volunteer Opportunities

Referee: required for each meet, to ensure our meets run smoothly. A pre-season clinic is required.

Stroke & Turn Judge: Two “S&T” judges from our team are needed at each meet; the job is to assure proper swimming strokes and turns by the competitors. A pre-season clinic is required.

Starter: required for each meet, to ensure our meets run smoothly. A pre-season clinic is required.

Clerk of Course: Like kids (at least some of the time)?! The Clerk of course organizes the swimmers to assure that they are in line for and report to the starting end of the pool for each event

Announcer: Are you a natural with a microphone? Consider being an announcer for our home meets. You’ll introduce the swimmers and announce the results of each event.

Scorer: We need two or three parents at each meet who can score the meet. Sit in the shade!

Ribbon Writer: Several parents are needed at each meet to label the ribbons earned by our swimmers. Calligraphy experience not required! You can watch the competition as you work.

Marshal: Always had a secret desire to be in law enforcement? The Marshal oversees pre-meet warm-ups and maintains order in the swimming venue for the meets. Fashionable safety vest provided!

Timer (& Chief Timer): Want the best view of the races? We need many, many timers at each meet. No experience required.

Relay Take off Judge: Four “RTO” judges from our team are needed at each meet for the relay races. A “how-to” briefing is provided at each meet. This is an important job but easy to learn.

Raffle Sales: Persuasive? We need a Lady (or Gentleman!) at our home meets to sell tickets for the “50/50 raffle”. This is a very important position to fill as we earn valuable team money this way!

Set Up/ Take down: We need parent volunteers to help set up for home meets



Volunteer Opportunities

Concessions: Mmmmm . . food! We need moms or dads to work the snack bar/ grills at our home meets.

- *A Meet Coordinator:* get food certified (hair net not included), have coffee and snacks for meets
- *B Meet Coordinator:* see above
- *Shopper:* Love to spend money, shop for supplies for meets and social events
- *Work concession stand during meets:* cook and sell all the goodies

Team Database Administrator (Hyteck –some training needed)

- *A Meet Coordinator*
- *B meet Administrator*

Volunteer Coordinator

- *A Meet Coordinator*
- *B Meet Coordinator*

Social: Swim team has many fun social opportunities for the kids and adults, but we need parents to help organize events such as Team Party, Pasta Dinner, Pep Rally, etc. Have your pick!

Pep Rally Coordinators: Once a cheerleader (or wanted to be) then help our coaches and senior swimmers to plan, organize, and facilitate Friday night pep rallies

Team Picture Day Coordinators: Say “Cheese” and coordinate with Photo Company, send reminders, and distribute forms and photos

Equipment Managers: Have a clean trunk, then you are qualified to take charge of transporting and setting up starter, stop watches, banner, etc.

Woodley Mini Meet Coordinator: Have extra time at work to put together a spreadsheet, collect money, or mail things, then you could do this job

Morning Breakfast(s): Want to work in a bakery then you can help by ordering and picking-up donuts, bagels, fruit, and juice and/or coordinate and solicit donations

Awards: Like to be around shiny things, wish you could win more, then help us to order trophies, pick them up, and setting up for end-of-year awards ceremony

Awards Banquet: The consummate party planner, great, you can help plan our potluck dinner for the end-of-year awards ceremony